

# The Sunshiner

Volume I . Issue 3

Panel 46

August 2006

## DELEGATE REPORT

Spring Assembly, June 9-11, 2006

Hello Florida South! Welcome to the first Assembly for Panel 46. I attended my first World Service Conference in April where I was called a "newbi.". What a busy week we had, working on the business of worldwide Al-Anon. Panel 46 Delegates had to be at the Conference on Sunday morning to assemble our Conference notebooks. We then went to orientation where we learned who would attend the Conference and what their roles would be. We found out that the attendees would be made up of Trustees, Executives Committee, the WSO Staff and 67 Delegates. We had a total of 95 voting members at the Conference. Introductions were made and the new Delegates received their Conference pins. This was the first time there had been an opening dinner in quite a few years so it was very special and a nice icebreaker. We then had our Area Highlights meeting where we broke up into smaller groups and each Delegate shared something about their Area pertaining to the theme of the Conference. This was where we exchanged ideas and found out what works or doesn't work in other Areas. You will be able to read this in the Conference Summary .

### ADMISSIONS HANDBOOK COMMITTEE:

This is the committee I chose to work on and will be on for the remainder of my Panel. The duties are:

- \* Weigh each new application for admission
- \* Consider petitions for an Area to divide.
- \* Recommend the seating of non-voting members to the WSC.
- \* Reports its activities to the Conference Committee.
- \* Submits recommended changes to the World Service Handbook section of the Al-Anon/Alateen manual to the Board of Trustees.

**E-CAL:** This is another exciting opportunity to provide literature for our fellowship. The Conference gave the go-ahead to proceed with this development.

**WEB SITE:** WSO wants us to get the word out about our two web sites: Public Outreach and the Member's site.

WSO Member's site, [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members). The password is XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX

**ELECTRONIC MEETINGS:** WSO will now register Electronic Meetings on-line, on the phone, or on computers. By registering, these meetings will be able to use the Al-Anon name. Registered meetings may request a license to use text format of the Steps, Traditions, Concepts, suggested welcome, suggested closing, and excerpts from CAL.

**CONCEPTS ONE-SEVEN** We went through the final corrections to the text.

**REGIONAL TRUSTEE:** Our newly elected Regional Trustee is Lyn D. from Tennessee. Lyn will only serve one year as she is a replacement. At the Fall Assembly, FF South may elect a candidate to submit their resume for the next 3-yr term.

### CHOSEN AGENDA ITEMS:

1. How does the fellowship help newcomers understand that Al-Anon sponsorship does not include:
  - \* Pyramid sponsorship
  - \* Sponsor, grand-sponsor, great grand sponsor
  - \* Need for prior approval to be in a group
  - \* Being told not to attend other meetings
  - \* Fear of leaving a group. Alienation, snubbing or ridicule
2. Spiritual principles and good business practices:
  - \* Is Al-Anon still a spiritual Fellowship or are we moving towards being a not for profit business?
  - \* How do we face the inevitable changes to the program in our changing world while staying true to the Traditions and Concepts? How can we keep the focus on this being a spiritual fellowship above it being a business?
  - \* How can we reassure those members who are concerned that Al-Anon has become focused on acquiring and protecting money & property rather than trusting

our fellowship's future to a Higher Power? What spiritual principles are regularly used to ensure that there is always a balance between good business management & spirituality of our program of recovery?

**ALATEEN TRADITIONS:** Alateen Traditions have never been Conference approved. We will continue the discussion on this at the Conference next year. Meanwhile there are three questions that need to discuss so I can take back an informed decision from our Area.

1. What are the ethical implications to be considered when discussing the Alateen Traditions for:
  - a. Groups, Al-Anon & Alateen
  - b. Districts
  - c. Areas
  - d. International Structures
2. Since Al-Anon Family Groups is one fellowship, of which Alateen is a part, do we need to have separate Al-Anon and Alateen Traditions?
3. If we decide to keep Alateen Traditions, which version do we want to adopt?

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## Florida South Area 10 Calendar of Events 2006

**NOTE:**

*Please view flyers and more detailed information by viewing the Florida South Web page: [www.southfloridaal-anon.org](http://www.southfloridaal-anon.org) Click—Calendar of Events. Flyers and Registration forms can be printed out from that page.*

**2006**

**Aug. 17 Last Convention Committee Meeting.**

**Aug. 18-20  
Florida South Convention  
Miami FL, in District 200**

**Aug. 26, 2006 District 169  
District Meeting –Potluck– Pool Party  
11384 62 Lane North  
Call Maxine xxxxxxxxxx**

**Sept. 15-17 Fall Assembly  
Fort Myers, FL**

**Oct. 01 Gratitude Dinner  
District 190 & 200  
St. Louis Catholic Church  
7270 SW 120th Street - Miami  
Pat N. xxxxxxxxxx**

**Oct 21 Gratitude Dinner District 180  
New Hope Community Church  
6400 NW 31 Ave Ft. Lauderdale**

**Oct. 27 Closed Gratitude Dinner  
District 140  
Palm City 7:00—9:00 PM doors  
open at 6:30PM**

**Nov. 11 Fall Picnic District 130  
Manasota Beach  
Nan xxxxxxxxxx**

**2007**

**January 19-21 Serenity Weekend  
District 200  
Morningstar Renewal Center  
7275 SW 124 Street — Miami  
Loy xxxxxxxxx or Kris xxxxxxxxx**

UPCOMING EVENTS

- 2006 REGIONAL SERVICE SEMINARS:** Irving TX August 4-6, and Canada West - November 10-12.
- 2007 WORLD SERVICE CONFERENCE:** April 22-26 Ramada Plaza Hotel, Virginia Beach, VA
- 2007 SOUTHEAST REIONAL SEMINAR:** May be in West Virginia. More information to follow.
- 2008 PITTSBURG WILL BE GREAT:** International Al-Anon Convention will be held July 4th weekend. Registration forms will be out in Sept. 2007.
- 2010 AA INTERNATIONAL CONVENTION:** with Al-Anon participation, in San Antonio, TX, July 4th weekend.
- 2013 INTERNATIONAL AL-ANON CONVENTION:** Join the dream team in 2013. Do we want to submit a bid?

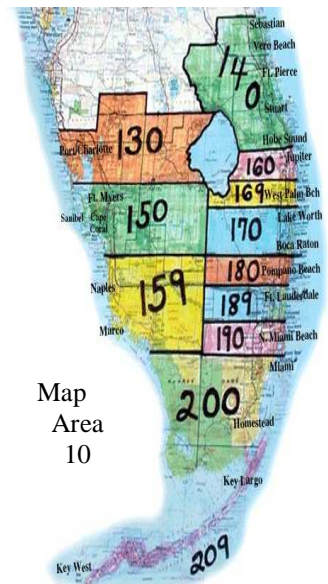
### The 2006 Convention

Sign up at the Convention to do service in any of the following ways: sell raffle tickets; staff the boutique; literature room, or hospitality room; or help with security. Another way to help is to donate a handcrafted boutique item. A great way to support the Convention is to attend the Banquet: you experience fellowship and your ticket helps cover the expense of the meeting rooms. It's a win-win! Contact Alina V. at xxxxxxxxxx Spanish speakers note: there will be translation equipment at the Convention and there will be Al-Anon & AA meetings in Spanish. Non-Spanish Speakers may also use the translation equipment to hear the Spanish Speaker who will be coming to us from Mexico. Flyers are available English and in Spanish. They include the registration form, information about the Hotel, and they also have a map, with directions to the Hotel on the back. If your groups are out of flyers you may print one from the web site at: [www.southfloridaal-anon.org](http://www.southfloridaal-anon.org)

### PARTICIPATION IS THE KEY TO HARMONY

**RELATIONSHIP WORKSHOP**  
Using the Tools of Recovery  
Al-Anon Speaker  
**MARY PEARL**

This 2-day **RELATIONSHIP WORKSHOP** will be in Orlando on November 10-11, 2006 and will be hosted by District 10 in the North FL Area.  
See flyer: [www.northfloridaal-anon.org](http://www.northfloridaal-anon.org)  
Events...November...District 10



Questions or articles for the newsletter? Please contact: [Sunshiner46@hotmail.com](mailto:Sunshiner46@hotmail.com)

## Corrected list of Assembly Members Panel 46

Personal contact numbers are not permitted in the on-line issue of The Sunshiner. You will find this list of Committee Members and their contact numbers in the mailed-out issue of The Sunshiner, which has been mailed to each of the group representatives, district representatives, panel members, and those with a membership subscription.

To subscribe to The Sunshiner please see the the back of this newsletter and complete the application form.

Mary W. District 200  
The Sunshiner Coordinator

### continued: Delegate's Report from Front Page

**ALATEEN 50th BIRTHDAY:** We would like to see Al-Anon members help support Alateen in their celebration with our experience, strength and hope rather than with a donation. More information on this later.

**APPEAL LETTER:** We discussed the importance of making members aware of how the contributions are spent. Each group receives \$235.00 in services provided by WSO, which are listed in the Appeal letter.

**LONE MEMBER LETTER BOX:** This service will be discontinued in the spring of 2006. However, WSO will continue serving Lone Members through quarterly mailings from the WSO and by supplying them with member contacts. Lone members receive a free Forum subscription during their first year.

**FINANCIAL TIBITS:** For the first quarter of 2006, contributions of \$xxxxx were about \$xxxxx below last year. This is due to a bequest of approx. \$xxxxxx received in March of last year. Some changes WSO made to decrease expenses were: Employees will get a cost of living increase in June of 2006 but no merit increase; The printing of the *Service Manual* will be postponed until 2007; Board of Trustee & Staff travel was reduced \$xxxxxx; and due to the Board approving sending every group a free copy of the *Forum* to be funded from the Reserve Fund on a one year trial basis, we will discontinue producing *Inside Al-Anon Xtra* effective July 1, 2006.

**KBDM - KNOWLEDGE BASED DECISION MAKING:** To gain knowledge, we need information on a subject before making a decision. If we have dialogue first, we may not need a motion.

**MY VISIONS FOR SOUTH:** That we have 50% of our registered groups attend Assembly; That we have the *Crying Bookmark* on grocery bags; and That we have Al-Anon posters in our local airports.

**UP-DATE: July 2006** I have resumes for the following positions: **E-CAL Committee; Committee Members At-Large; Regional Trustee; Executive Committee for real Property Management; director of Member Services.** Please email me if you are interested [delegate46fls@aol.com](mailto:delegate46fls@aol.com). The Public outreach magazine, **Al-Anon Faces Alcoholism 2007** will be offered again in Feb. 2007 and delivered by April. Georgia C., FL South Delegate

## Coordinator Reports

### ALATEEN COORDINATOR - **Regan H.**

We are trying to update all the registered Al-Anon members, who are sponsors, to the WSO by July 1, 2006. Your area will be contacted to make sure we have the records up-to-date. Alateen Conference will be held July 13-16 in Melbourne, FL at the Florida Institute of Technology Campus. Processing AMIAS takes time. Please fill out the forms completely and do not leave areas blank. Thank you all for giving me the opportunity to serve as the APP & AAC for FL South. I am stepping down however, because I do not have the time to commit to this position. I will continue in Alateen service in my District and being a GR.

### PUBLIC INFORMATION

#### **Betty N.**

\*Many Districts still do not have a P.I. Chair but for those Districts that did respond to my request for information, many thanks.

\*District 150: 1) has been active by participating in the local Drug House Odyssey, which is a program presented by local law enforcement, medical & legal professions and high school students who recreate a series of scenes showing the effects and consequences of alcohol and drug abuse. The program ran for 3 days & school children were bussed to the site to walk through the program. In the evening the program was open to the public. Over 3,000 "crying house bookmarks" were distributed to the students and 150 packets of literature given to the teachers. The evening was devoted to answering questions from adults who were interested. 2) Alcohol Awareness Day was a program presented by the SADD Program in cooperation with the Lee County School System. This was the first time this program took place and Al-Anon members passed out literature and talked to about 600 people. The students are already planning to make this program an annual event, as a target on underage drinking.

\*Here are a few ideas to share with your District and /or group:

\*Place Al-Anon/Alateen posters at highway rest stops, grocery stores, libraries, senior centers, etc.

\*Place meeting lists & literature in the Chamber of Commerce, hotels, libraries universities, laundromats, churches.

\*Donate Al-Anon/Alateen literature to local libraries.

\*Leave copies of the Forum at your doctor's office, dentist office, beauty salon

\*Donate literature to mental health agencies. \*I am available to present a workshop on Public Information. Betty N.

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### CPC COORDINATOR

#### **Patte W.**

\*Al-Anon Faces Alcoholism is our new annual outreach magazine. It will contain member sharings, testimonials from professionals & basic information for newcomers & professional referrals.

\*I participated in the 5th Annual Substance Abuse Prevention Conference. It was attended by close to 500 people, many of whom were in the Social Services as well as Counselor, Doctors & Law Enforcement.

\*We will be talking to the nursing students in class with the Fall program at our Community College.

\*I have received a few names and phone numbers / e-mails for the District CPC Chairs.

Some of the contacts are in Boca Raton, Fort Lauderdale, Miami, Pembroke Pines, Stuart, and West Palm Beach.

\*Please call Patte at xxxxxxxxxx or email xxxxxxxxx for this list.

### ARCHIVES COORDINATOR -

**Jennifer D.** New Volunteer, no report at this time.

### INSTITUTIONS - **Sonia P.**

Hola. Just a shot note to request from all the D.R.'s the name, phone number and e-mail address of your institution person at the District level. Please e-mail to xxxxxxxxxx

### WEB MASTER - **Becky E.**

Greetings! I have redesigned the FL South Area 10 Web site and updating meeting lists. I have also updated the Alateen Sponsors Information & Forms page and the forms.

\*Please send your District events for the calendar—any open events outside your regular meetings.

\*Check email addresses on the Contact icon.

\*Designate a contact person in your District — responsible for getting the changes of information to me.

\*When you email me PLEASE mention the District you're from.

\*Please check out: <http://www.al-anon.org/members/index.html>

### LITERATURE COORDINATOR

#### **Judy N.**

\*The price of Literature has gone up 20% and the Forum has also increased to \$11.00 for a 1-year subscription.

\*Every GR should be talking up the Forum and using the Forum at your meetings.

\*Please make all checks payable to: FL SOUTH ASSEMBLY and mark them in the memo line : "For Literature Sales."

\*Sharings are still needed for a new book Facing Grief & Loss with Al-Anon Parents facing grief & loss regarding their non-alcoholic adult children affected by alcoholism and members who contemplated divorce but decided to stay in the alcoholic marriage. Email, Fax or Mail your sharings to WSO.

\*I bring all of the Area's available literature to the Assembly so I will not take orders for literature ahead of time. The only exception is if someone needs a large order of a particular piece of literature. If this is the case you will need to email me 6 weeks ahead of time.

**Judy-arealitcoordinator@earthlink.net**

\*I have ordered a large number of Crying House bookmarks.

\*Please let me know how I can help you. It is an honor to serve as your Area Literature Coordinator.

### GROUP RECORDS COORDINATOR -

#### **Lynn N.**

Please ensure when you submit your changes, that the Group ID#, and as much information as you have, is contained in your submission to me. It is crucial that the changes are submitted regularly, so the information flow between yourselves and the WSO is not interrupted. New GR's, new contacts, current mailing addresses, phone numbers, or e-mails ought to be current.

\*It might be beneficial for groups to have their own P.O. Box. When changes occur within a group. Service interruption often occurs. Cost could be cut in half by sharing a P.O. Box with another Group.

\*D.R.s please retrieve the ROLL CALL BOOK for your District at the Registration Desk. Scan your Group's information, make the necessary changes, and hand the book back in to me, prior to leaving Assembly

\*I would like to clarify the following terms, relating to group status. **ACTIVE:** The group is an active, participating group and telephone callers will be referred to that meeting.

**SUSPENDED MAILING:** The group's mailing address is not correct. The group's suspended mailing status will be changed to Inactive after one year in suspended mail. **INACTIVE:** The group is not as active participating group. Inactive groups remain on the printout for 1 year and are then purged.

\*If you have changes, questions, or comments pertaining to Area Group Records please do not hesitate to contact me at:

**grouprecordscd@yahoo.com** or call xxxxxxxxxx

### SUNSHINER COORDINATOR -

#### **Mary W.**

Attention Al-Anon/Alateen Members:

\*Please remember to share The Sunshiner with your groups. There is an on-line version of The Sunshiner that you may print from the web and share with your group.

The Sunshiner is mailed out 2 times a year and on the web 4 times a year. Subscriptions are \$3 – see the back of this newsletter.

\*I need short stories & articles of interest on any program topic. Send as many articles, as often as you wish, and I will use them. Currently need questions and answers for the ASK IT BASKET. (an on-going feature in the newsletter)

**Sunshiner46@hotmail.com**

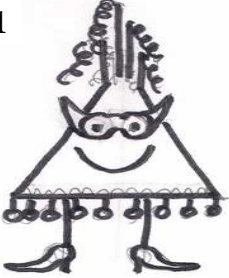
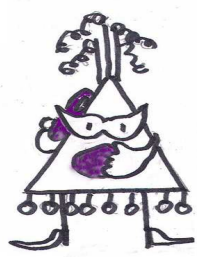
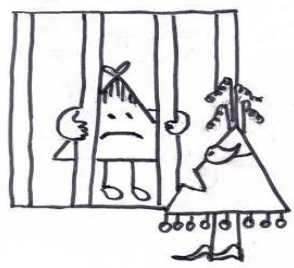
**AWSC Meeting July 14-16, 2006**

I experienced my very first Standing Committee meeting this weekend as part of Membership & Fellowship. We were asked to come up with solutions to improve problems in these two areas. One of the problems that was very common throughout our Area was the lack of Service Volunteers within our fellowship. There seemed to be a lack of motivation & commitment to serve. It was suggested that perhaps encouraging *Sponsorship*, would be one way to aid the understanding of the joys of service. A good sponsor knows the importance of service and will not only be involved, but will encourage their own sponsees to serve as well. - anonymous -

ASK  
FOR  
CLARITY

**Simply Put**

MW

<p>1</p>  <p>Dawn is a really cool sponsor! She has just told her new sponsee about the Slogan <b>LET GO &amp; LET GOD.</b></p>	<p>2</p>  <p><b>R-I-N-GGGGGG!</b> (Her new sponsee is calling).  <b>"WHAT?"</b> <b>"I'll be right there!"</b></p>	<p>3</p>  <p><b>"Oh No, Sweetie!</b> What I said was, Let him go, as in, detach and give him to God. I didn't mean to hold him over the balcony first!"</p>
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**SPONSORSHIP SHARES SPONSORSHIP SHARES SPONSORSHIP SHARES**

**I do have a really cool sponsor!** I came into Al Anon just this past January 2006. By February I knew that I needed a sponsor and I knew who I wanted. She would tell you in fun that I stalked her the night I popped the question! In retrospect I guess I did follow her for quite a few minutes before I got her attention! But I knew, just after a few meetings, that she was the one.  
She is extremely wise and amazingly knowledgeable, I have learned more about life in the last 5 months than I have in the last 5 decades! She is totally selfless as she devotes so much of her time to me and to her other sponsees, most of which I have met. I feel like I have a whole new extended family. My sponsor has, on quite a few occasions, opened up her home for some very serious business with her sponsee family such as, playing Taboo, eating Chinese and partaking of some pretty sinful desserts! I thought to myself, where has she been all my life!  
She has the uncanny ability to talk in pictures. When you think about the abundance of information you are receiving from Al Anon, especially when you are new, you want to retain as much as you can. I can recall so much of what she teaches me because of her talent. I especially like when she told me to "stop going to Publix for an oil change!" She would be referring to my ex-husband who never responds when I reach out for assistance with our children. Not only do I consistently get no response from him, but I am continually hurt in the process. Now every time I am tempted to pick up that phone I remember that Publix does not do oil changes!  
In conclusion I just want to say that my sponsor has been sent to me by God. She and I just clicked immediately and the relationship has blossomed into something so very special.

The bottom line is that life just got so much more bearable now that I have the right tools, the right knowledge, and the right sponsor! I look forward to tomorrow because with it I will have another chance to learn, to grow, to change, and if I am having one of those dreadful days I know, that the most wonderful sponsor in the world, is just a phone call away!  
-Nancy-

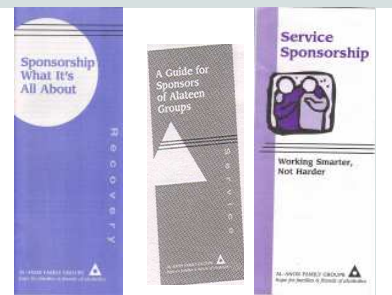
**When I was new**, I was told to look for someone who had something I wanted & then ask them to be my sponsor. There was a nice lady in my group who had a sober husband, so I chose her. That's what I wanted more than anything at that time. Of course, that wasn't the only reason I chose her. I was really attracted to her warmth & her hugs and the fact that she seemed to know everything about Al-Anon. But in my messed up mind, I hoped that maybe her husband could persuade mine to go to AA. My HP knew she was the right sponsor for me, even before I knew it. It was my job to reach out and ask her, and when I did, she said YES. That was many years ago. Today I do have what she has - a sober husband! But I got something much more than that! I got MY life back! She not only helped me work the Steps for my personal recovery but she got me involved in Service within the first few months which really boosted my self-esteem and helped me to grow. She is still very active & continues to encourage me to stay that way too. It's good to know that I always have a special friend by my side -MY SPONSOR!-  
Frick

**On Monday** I met with someone for our first sponsor/sponsee meeting. She sent me the following note that seems to sum up what sponsorship is all about.  
"Thank you for taking the time to be my Sponsor. It has been many years since I've thought about my past, so many years ago. I woke up this morning with such a clear head. What a great feeling. Thanks again."  
-Mary in Naples-

**I have really cool sponsees!**  
My sponsees keep me actively working my Steps/Traditions/Concepts which keeps my own recovery active. It's true, that we receive so much more, when we give it away! - MW -

Watch for upcoming Sponsorship Workshops in your Area. Get a group together and show up!

**SPONSORSHIP is a VIP TOOL!**



Get a Sponsor-Be a Sponsor  
Just say "YES"  
to Sponsorship!

## DR & AISL REPORTS

### District 130 - Nan W.

Our biggest events of the year are over. We try to hold events during the "season" to accommodate our snowbirds. Day of workshops was in Feb. Gratitude Dinner was in March. Step workshop was a 6-week series that ran Jan-Feb. All events were a huge success, well attended & made lots of money for our District. We had a special treat at our March District meeting, when Cecelia, Chairman of the executive committee at WSO, came to speak to us about the importance of using CAL. In regards to signs & door hangers she said "We are anonymous, but not invisible." Come to our Fall Picnic, Manasota Beach November 11—see flyer on the web site.

### District 140—Kathy D

#### AIS - Marian S

\*Sharlene from Basic 36 Study Group was selected as our GIP and will attend AWSC.

\*We purchased 100 copies of Al-Anon Faces Alcoholism 2007.

\*In support of Public Outreach the new PSA along with the old PSA's were shown at our last District meeting

\*A motion was passed for \$xxx towards sending Alateens to their Conference. A basket was also passed and we collected another \$xxx for the Alateens.

### District 150—Patte W.

Our District has been part of some real exciting programs. We are sorry to say that our program at the ACT shelter (Abuse Counseling & Treatment) has closed. Now we are just providing the shelter with Al-Anon literature which is given to everyone upon arrival. We have started two new Al-Anon, as well as two Alateen meetings. A very successful Gratitude Dinner was just thrown together at the last minute by a handful of volunteers. The last two years dinners have just been incredible. Would love to see our District take on the Convention one year as there is a lot of experience already.

### District 160-ElizabethT-G

We have a great group of GRs right now with about half of 22 groups being represented. At the beginning of the year each GR chose at least one group to visit with a packet of GR information. The response has been good with about 3-4 new GRs attending. I have also been trying to visit at least one group a week to bring some awareness and enthusiasm. It's amazing what we can accomplish together. On June 17 th we are having a Sponsorship Workshop Day. Contact Liz  
xx

### AISL 160-169—Jeanie C.

We have 35 Al-Anon groups: (22 in 160 and 14 in 169), three Alateen groups and one Alateen group in the schools. Another Alateen school meeting is registered and awaiting

certification. We will be having an Alateen sponsors workshop in the near future. Forms were made to help keep track of locations to place Al-Anon literature, such as "Are You Concerned") to hand out to the groups. This will also help keep track of the An Al-Anon institutions meeting for the families of the residents at Gratitude House (a woman's halfway house) in West Palm, is held on the 2nd Monday of each month. We have a speakers list available; our phone service slots a filled; and our first newsletter will be out soon Forms were made (using the S-39 District Service Plan as a map to suggest different locations that our Al-Anon literature is being distributed, and so that there will be no duplication.

### District 169 - Cheryl A.

Our Picnic fundraiser was a huge success. We not only had good food and laughs, but we also had 3 meetings going on: Al-Anon, AA and Alateen. It was the first Alateen meeting for some of the children. There was also face painting and games for the kids.

We are planning a swim party in August (of course there will be NO hurricane this year). I have started making the rounds of the different meetings in our District to introduce myself and see where I can be of assistance to them. I am also, trying to get groups who have no GR involved in District and AIS.

### District 180—Jennifer D.

This month we were thrilled to have Stu M., our past-delegate, not only share with us, his experience in service but also his recent visit to Stepping Stones and Al-Anon's 55th Birthday Bash in Virginia Beach. I am happy to report that the Speaker's Marathon was a huge success and it was truly an amazingly spiritual day of recovery for us all. The Whistle While You Work Workshops was another huge success. Not only were there wonderful topics but the committee provided the workshop chairs with homemade t-shirts to represent the dwarfs, the Wicked Witch & Snow White. We will be having a District Fall Gratitude Dinner. Last but not least, Robert is having a wonderful time on the Convention Committee & HOSPITALITY is looking good. He and the rest of District 180, are looking forward to greeting everyone at the Convention.

### AISL District 189 - Michael Sue

All our positions are filled except for the Institution chair. Barbara is willing to continue holding the position until someone else is willing to do so. We are still taking speakers to the woman's prison on the third Thursday of each month. There will be another prison orientation held in the near future for anyone interested in Institution recovery work. Also, meetings and speakers have been arranged for the woman's work release program. Alateen is facing its ups and downs at this time. We were able to collect enough money

We had an Alateen Sponsors/Alateen meeting to work on the Convention workshops. It was a Bar-B-Q/Pool Party. Our PI is up and running well by the past PI person. Our Alateen chairperson is planning a sponsor workshop July 30th. We have three baskets collected for the Convention fund raiser.

### AISL 190-200—Barbara H.

Our Alateen Chairperson, PI and CPC Chair Our Posters are on the Metro Rail (5 Spanish & 6 Eng.). They are 22" x 21". Each has our local phone service number and the WSO number. We still have our information in the Miami Herald under the Getting Help Column, every Thursday & Sunday for all of Miami Dade County. Our Institutions chair has speakers going to South Miami Hospital & A Better Way. We have a Spanish Intergroup Liaison who attends the AIS meeting in English and goes right to the Spanish Intergroup meeting on the same day to carry the message and to keep all our meetings informed. All other members of our AIS panel are working hard and doing a great job. We will be having a Gratitude Dinner on October 21, 2006.

### District 200—Juanita C.

We are working on getting in touch with all our groups. Many of them are still having meetings but do not participate in District meetings. Some are without a GR or any other officers. As a result of reaching out, many of our smaller groups are beginning to participate and anxious to be strong Al-Anon meetings. I must always remember that half the people at a meeting are probably new. We are encouraging groups to have meetings on Al-Anon topics, use CAL, having speakers that do not regularly attend that meeting, and always use the manual. Our District meetings are getting larger and many of our groups are doing inventories. Many of District 200's members are helping with the Convention and also in the planning stages of Serenity weekend 2007. The rooms for Serenity Weekend are all doubles (Two single beds). We can only accommodate 60 people, so there will be no day trippers, which will bring us back to the original idea of the Serenity weekend. A small group doing Step work for a weekend. Sign up early! I love the idea of Posters on the metro rail and our groups have financed this project for another year.

# ALATEEN

## Sponsors Needed!

## My First Assembly

Two years ago I attended my first Al-Anon meeting, full of pain, depressed, hurt, and confused. That very first night I started to heal. Many things were said and I could sense that I was feeling better and that I had found love and acceptance. Right there and then I wanted to belong to this fellowship. The information given was overwhelming but I was so desperate that I was determined to follow instructions: "Get these books, read every day, come to the meetings, get a sponsor, do the steps and **do some service.**" Being a good people-pleaser, every time a group needed a volunteer for something and nobody raised their hand... after a moment of silence, I would say softly: Me! I have been the Literature Person, the Coffee lady and have also worked with the phone service. Presently, I am the treasurer for one group and the GR for another. This last position I really, really **DID NOT WANT IT AT ALL!** I tried several times to find someone to replace me but without any success. Sunday after Sunday I have gone to my meetings determined to quit but without the courage to say... "I don't want this service." June ninth came & I departed for the Assembly, as one of my responsibilities as a GR. I went, full of fears because I have always lived in isolation and the Assembly was too many people, too much information, too many new things, too big of a "responsibility!" Well... as Al-Anon has taught me, my Higher Power had a plan for me. I met beautiful people, I recognized the hard work that involves keeping Al-Anon running, I learn about the different projects that this fellowship has for the future, how decisions were taken, and I could go on forever. When the assembly was over, I gained so much **awareness** about who I am and why I am the way I am, and why my Higher Power gave me the opportunity to serve as a GR. While I was driving back to Miami, I could feel the joy of my personal inner growth. I understood that being of service in Al-Anon is a privilege not a duty and for the first time in my two years in the fellowship I understood what I always hear at meetings: "it is only in giving that I will receive." Nothing happens out of nothing. Now, more than ever, I know that my Higher Power is taking care of me and wants me to grow, mature and leave my fears behind. It is through

awareness and **action** that I will start my recovery. I want to keep listening to what my fellowship has to say, do what they suggest, face my fears and return all the love and support that has been given to me through my personal service to Al-Anon. After all, God is in control and He has a beautiful purpose behind everything I do in my recovery. **Service is a great tool.** - EM -

### It's Like A Big Family Reunion

I've heard it said in meetings that Al-Anon is like a family—a place to learn and practice healthy family relationships.

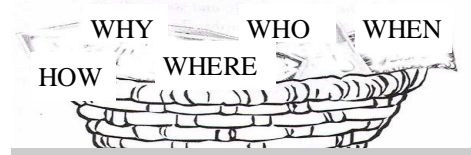
\*My home group is like my immediate family.

\*When I attend other meetings I see my extended Al-Anon family.

\*Assembly is the next level—a big family reunion. - Rachael C.-

### An Alateen Survives Assembly!

Having tagged along at other assemblies with my Mom, I know how tiresome they can be so I wasn't exactly dying to go. Now, however, I was representing my Alateen group. Being the only Alateen there was kind of intimidating. My first venture into voting was sort of scary, but I felt good knowing that my local group had a voice in the assembly. It started out with many long reports about previous events that dragged on. At times, I must admit, I dozed off a bit. I really paid attention when Alateen matters came up, such as when the Alateen Coordinator, Regan, was stepping down, and a new coordinator had to be found. This sparked a fierce debate over whether a willing & able person outside the assembly could stand for the position permanently or if we had to get a person in the room as a temporary. It was great to see that a former Alateen, John, become our new Alateen Coordinator. On Sunday, as my Mother and I were driving back home, she asked me how it felt to participate in my first real assembly. I told her it made me feel important, like what I did mattered. - Jackson P, Miami, FL -



## ASK-IT-BASKET

**Question:** Can a group be registered with WSO as an Al-Anon /AA participation group?

**Answer:** I could not find the answer to this question in the Manual but I did find several other statements that lead me to believe that this is not done. Page 100 explains AA participation and page 69 talks about AA dual membership. There is a difference. Page 68 explains registration of groups and how each registered group has the understanding that the group will abide by the Traditions. Our Traditions discourage outside literature or discussion of other programs. On page 69, it is suggested that dual members of AA, remember to place the emphasis on the Al-Anon interpretation of the program, not the AA program, while they are in Al-Anon /Alateen meetings. Page 37 suggests that an AA speaker can be invited occasionally to share his/her insights on the disease of Alcoholism. Page 38 explains OPEN meetings and that though they are open to anyone, the focus is still kept on the Al-Anon interpretation of the program during the meeting. With this information, I would tend to believe that WSO would not register any meeting with the intent of combining the Al-Anon and AA. Programs.

**Question:** Why are alcoholics asked not to introduce themselves as such & asked not to talk about their AA recovery or experiences in an Al-Anon meeting (except at special Open Meeting Events)?

**Answer:** See pamphlet P-45 The Al-Anon Focus, P-53 Al-Anon Spoken Here  
anonymous

**New Ask-It-Basket Question:**  
**What are the four primary ideas suggested in the 12 Steps?**

Please include a CAL reference for your findings. Send to:  
Sunshiner46@hotmail.com

Treasurer's Report not posted on-line.

IT IS IMPORTANT TO REMEMBER THAT A REGULAR CONTRIBUTION FROM EACH GROUP IN THE AREA, NO MATTER HOW SMALL, WILL MAKE A DIFFERENCE.

PLEASE SEND YOUR AREA CONTRIBUTIONS TO:  
**FLORIDA SOUTH ASSEMBLY**  
**P.O. BOX 112256**  
**NAPLES, FL 34018**

Please include your group's ID# on your check. Thank you!

The following Contribution Facts Sheet from WSO is only a suggestion. Groups decide what they can afford to give.  
After the needs of the Group are met the balance of the funds may then be used to support its service arms.  
.70 cents per member per month to District  
70 cents per member per month to Area

**Florida South Assembly Meeting  
Area 10 – Panel 46  
June 9-11, 2006  
Ft. Myers, Florida**

Friday – June 9, 2006

The meeting was called to order by Juliette L., Chairperson, at 8:00 PM with a Moment of Silence followed by the Serenity Prayer.

The Traditions, Concepts and General Warranties were read.

"Ask It Basket" meeting was chaired by Debbie V., Alternate Delegate. The objective was to answer any questions regarding Assembly meetings and the business of Al-Anon. Questions prepared by Debbie V. were answered and discussed along with those brought up by the group.

The meeting was recess at 9:30 PM with a Moment of Silence followed by the Al-Anon declaration.

Saturday – June 10, 2006

The meeting reconvened at 9:00AM by Juliette L. with a Moment of Silence followed by the Serenity Prayer.

Coordinator Breakout Meetings were conducted.

**Breakout Meeting Summaries**

Officer's meeting

-Discussed Treasurer's Report - Discussed incorporation issues regarding taxes - Reviewed the procedures the trusted servant holding that position for this panel Sunshiner

-Send correct contact information to Lynn at grouprecordscd@yahoo.com  
-Sunshiner goes out 4 times a year online and 2 times as a mailing -Discussed why no contact numbers are given online - Subscriptions are \$3.00 for the mailings sent out twice a year and payment should be sent to Ft South Assembly; PO Box 112256; Naples, FL 34018

Alateen

Be persistent getting in the schools and make contacts with Guidance Counselors and Principals.—Discussed the importance of anonymity and that 1 out of 4 kids are living with drug or alcohol addictions in their homes.

PI

Discussed how to get a chairperson at the District level -Individuals and or groups can take on a certain projects without having a PI Chair - Individuals and/or groups need to obtain permission from the business owner before posting meeting lists, posters or literature.

Group Records

Explained the Al-Anon Group records change form - Discussed the 'status' of groups as set out by WSO

CPC

Discussed using AA Intergroup as a way of keeping informed on upcoming events that Al-Anon could participate in. Promoted the 'Crying House' bookmark as an outreach project - Discussed getting Al-Anon involved in the block training at the Sheriff's Offices -Discussed getting involved with college nursing training programs - Al-Anon was present at the Substance Abuse Prevention Conference to pass out literature and meeting schedules for Florida South Districts that participated - Discussed the Al-Anon Faces Alcoholism 2007 magazine.

Web Site

Discussed designating one person in each District to send information about upcoming events in the Districts so it could be placed on the website - If sending flyers they should be in PDF, Word or Publisher format—Do not send scanned flyers—Districts need to proof-read their meeting list on the Web Site.

Literature

Discussed doing a five minute book report on a piece of literature - Discussed having one literature meeting a month -Talked about local LDC's having trouble getting groups and/or individuals to order from them as well as volunteers to work at the LDC.

Registration closed at 9:30 AM. There was a 10 minute break.

The meeting reconvened at 9:50 AM with a Moment of Silence followed by the Serenity Prayer.

Roll call was taken and a quorum was established.

Number of registered GR's - 95

Quorum: 2/3 of registrations - 64

**MOTION # 1**

We admit this late GR with voting status (from District 170)

Motion made by Gwen M. from District 150

Second by Renee L. from District 150

Vote: yes – 84no – 11

abstain - 0

Motion passed.

Number of registered GR's - 95

Quorum: 2/3 of registrations - 64

Delegate's report was given by Georgia C.

Highlights

\*Discussed conference rules

\*Discussed new handbook – solid line to the side of the page designates changed items (If it's not teal it's not real).

\*Georgia is a member of the Admissions Handbook Committee

\*Developing E-Cal literature, this is online literature which is different from the printed literature

\*Delegate's Visions for Florida South

1. 50 % of registered groups attend Assembly

2. Crying bookmark be put on grocery bags

airports

\*See report for more detailed information and upcoming events.

A 15 minute break was taken at 11:25 AM. The meeting reconvened with a Moment of Silence followed by the Serenity Prayer.

Secretary's report from 2005 Fall Assembly was read by Shirley W., Area Secretary.

**MOTION # 2**

To approve minutes as corrected  
Motion made by Luann V. from District 180

Second by Debbie S. from District 169

Motion passed unanimously.

Alternate Delegate's Report was given by Debbie V., Alt. Delegate.

A 10 minute workshop was conducted on Concepts 1 and 2.

Coordinator's Reports:

Alateen - report given by Regan H.

\*Announced she was stepping down from Alateen Coordinator.

\*See report.

\*Justin C. from North Florida spoke about the Alateen Conference in Melbourne on July 13-16, 2006

Recessed for lunch at 12:43

Meeting reconvened at 2:00 PM with a Moment of Silence followed by the Serenity Prayer

Webmaster – report given by Beck E.

\*Redesigned site in January.

\*Requested that each District designate one person to relay information about changes to meeting lists. Send name, email address and phone number to Becky.

•See report for more information.

CPC – report given by Patte W.

\*The 5<sup>th</sup> Annual Substance Abuse Prevention Conference was attended by close to 500 in Ft. Myers and Al-Anon participated with a table space paid for by the Area.

\*See report for more information.

Archivist – no report

Group Records – report given by Lynn. N.

\*Instructional sheet on how to fill out Group Information Form was distributed to all GR's

\*See report for more information

Institutions – report given by Cheryl for Sonia P.

• See report

Literature – report given by Judy N

\*New outreach magazine will be available in September or October. It is called "Al-Anon Faces Alcoholism 2007".

•GR's are responsible for getting the word out about the Forum and what it is and how it can be used.

\*See report for more information.

*Continued on page 10*

Sunshiner – report given by Mary W.  
\*Next issue of the Sunshiner will include storied of member experience with their sponsor.

\*Deadline for next issue is July.  
\*See report for more information.

Count was taken of voting members, 96 voting members were present.

Treasurer's report was given by Carol M.  
Report was discussed

Break was called at 3:20 PM

Meeting reconvened at 3:30 PM with a Moment of Silence followed by the Serenity Prayer.

Discussion of Treasurer's report continued.

### MOTION # 3

To accept Treasurer's report as amended  
Motion made by Alina V. from District 200  
Second by Arlene S. from District 189  
Vote: yes – 79 no – 12 abstain - 2  
Motion passed.

\*\*\*\*\*Breakout reports were given.

### OLD BUSINESS

\*Traditions & Concepts Day of Workshop report was given. 82 people attended \$xxxx profit

\*2007 Convention Chairperson  
\*Discussed the need for a 2007 Convention Chairperson and the responsibilities for this position.

\*Juliette L. called for a Moment of Silence before asking for a chairperson to step forward. No one stepped forward.

Pass the Basket collected \$xxxxx

\*Tax Exempt Status Report  
The IRS requested \$xxx be sent when answering the addition questions concerning our organization. The attorney for Florida South paid the \$xxx with a personal check so that paperwork could be filed and requested reimbursement.  
There was a discussion.

### MOTION # 4

We reimburse the attorney \$xxx for the money she paid the IRS on our behalf.  
Motion made by Christi M. from District 140  
Second by Paul H. from District 140  
Vote: yes – 87 no – 0 abstain – 3  
Motion passed.

\*2006 Convention Report was given by Alina V.

1. Theme is Recovery Bouquet and it will be held in Miami from August 18-10, 2006
2. There are still two workshops in need of a chairperson

3. The last committee meeting is Jun 17
4. Boutique needs items donated
5. Each District is asked to donate a raffle basket using an Al-Anon theme.

• The following motion was tabled from the last fall assembly

### MOTION # 5

The Spanish Liaison should be included as a coordinator in the FSAWSC with all expenses be paid as they are for other coordinators.

Motion made by Alina V. from District 200  
Second by Marian H.

Motion was discussed.  
Question was called by Birdie from District 140. Second by Pat from District 180

Vote: yes – 86 no-4 abstain – 0  
Vote on motion was taken.

Vote: yes – 83 no – 7  
abstain - 0  
Motion passed.

Break was called at 5:25 PM.

Meeting reconvened at 5:35 PM with a Moment of Silence followed by the Serenity Prayer.

Election box for Spanish Liaison was created.

### NEW BUSINESS

Discussed the rising cost of Assembly meetings and the hotel requirements.

### MOTION # 6

The Alateen Coordinator position be split into two positions at the coordinator level 1) Alateen Processing 2) Alateen Coordinator

Motion made by John P. from District 150  
Second by Gwen from District 15

Motion was discussed.  
Vote: yes – 9 no – 71 abstain - 9  
Motion did not carry.

### MOTION # 7

We vote to allow an interested GR or other person who has been to an Assembly, even if not present at this one, to stand for Alateen Area Coordinator.

Motion made by Gay H. from District 140  
Second by Gwen from District 150.

Motion was discussed.

### MOTION # 7a

Table until next Assembly (Motion 7)

Motion made by Melanie J. from District 170  
Second by Pat S. from District 170

This motion was withdrawn.  
Discussion of original motion continued.  
Gay H. from District 140, who created the asked that the motion be withdrawn. Gwen from District 150, who second the motion, did not wish to withdraw the motion.

The motion was not withdrawn.  
Vote: yes – 16 no – 64 abstain - 8  
Motion did not carry.

Meeting was recessed at 6:30 PM with a Moment of Silence and the Al-Anon declaration. Meeting reconvened at 8:30 PM with a

Moment of Silence followed by the Serenity Prayer.

Count was taken of voting members present and there were 64.

### MOTION # 8

Since this is not an election assembly and it was not made known prior to today that the position of Alateen Coordinator would be vacated, I move that we allow an Al-Anon member who is not present be allowed to stand for position.

Motion made by Karen Jean from District 169  
Second by Gwen from District 150

Question was called by Mary W. from District 140.

Second by Paul H. from District 140  
Vote: yes—67 no—6 abstain—2

Vote on motion was taken.

Vote: yes—18 no—59— abstain—6  
Motion did not pass.

### MOTION # 9

The APP be combined with the Alternate Delegate.

Motion made by Kris A. from District 200. Second by Corey K. from District 200.

Motion was discussed.

Question was called by Nan from District 130.  
Second by Earl O. from District 170.

Vote: yes – 83 no- 2 abstain – 0

Vote on motion was taken.  
Vote: yes – 0 no – 85 abstain - 0  
Motion did not pass.

Election of Alateen Coordinator was conducted by drawing a name from the box. John P. from District 150 was elected.

Election of Spanish Liaison Coordinator was conducted by drawing a name from the box but the box was empty. Lida B. from District 190 volunteered to serve as the temporary Spanish Liaison Coordinator until the next Assembly.

### MOTION # 10

Rather than passing the basket we increase the registration fee for Assembly by \$3.00.

Motion made by Marian H. from District 159  
Second by Barb M. from District 159

Motion was discussed.  
Vote on motion was taken.

Vote: yes – 5 no – 77 abstain - 3  
Motion did not pass.

### MOTION # 11

We pay the expense to house the archives for the area currently costing \$xxxxx.

Motion made by Earl O. from District 170  
Second by Melanie K. from District 170  
Motion was discussed.

Motion was amended as follows.  
We pay the expense to house the archives for the area for the months of June, July, August and September currently costing \$xxxxx a month.

Vote on motion was taken.  
Vote: yes – 84 no – 1 abstain - 0  
Motion passed.

PI – report given by Betty N.

\*Discussed number of Districts that do not have PI chairperson

\*New PSA was distributed to all DR's on DVD.

\*See report for more information.

Judy N. from District 159 volunteered as 2007 Convention Chairperson.

Announcements and Calendar of Events were discussed.

Suggestions from the suggestions box were read.

Motion to adjourn the meeting was made by Earl O. from District 170 and second by Debbie from District 169.

Meeting was adjourned by Juliette L. at 9:50 PM with the Lord's Prayer and Al-Anon declaration.

Submitted by

Shirley W.  
Area Secretary

## Tidbits from the AWSC Meeting, July 14-16, Naples, FL

### MOTIONS:

\*A voting member must go to the microphone to call the question. 27 Yes – 1 No – 0 Abstentions

\*To dissolve the Standing Committees. 22 Yes – 4 No – 3 Abstain

\*Not to have an Area Service Seminar in 2007 and to focus on the SERSS instead. 26 Yes – 2 No - 0 abstentions

**IMPORTANT REQUEST:** *Each District was asked to come up with an email address to use as an anonymous contact address on ALL flyers to be posted on our Al-Anon web site. This email address would be assigned to a contact person in your District who would be willing to correspond with members, to questions about your event. This address would replace personal names and phone numbers to insure our personal anonymity - anyone in the world can read our web site.. Flyers are more helpful when a contact number is included. Please be sure to remove all other personal information from the on-line version of your flyer before sending it the web master . Any questions, please contact our web master at:*

*webcoordpanel46@netscape.net*

### Hints for putting 'Al-Anon' Gift Baskets together for the Convention

Use only conference approved literature and never any religious items. Colored cellophane is very pretty but clear cellophane makes it easier to see the contents. Close the top with a ribbon so the basket can be opened if needed. Thanks!

Sound System Researcher: Betty N announced that she was stepping down as the volunteer for this project. Barbara H volunteered to take this project over. If you are knowledgeable about sound systems and would like to offer your kind assistance please contact Barbara in District 200 at: xxxxxxxxxxxxxxxxxxxxxxx

## A MEETING TOPIC ON CHANGE

### **MEETING TOPIC:**

**How can I help my group remain open to new ideas while assuring that we not affiliate with any other cause or group?**

Al-Anon is filled with new ideas. Each one of us comes through these doors looking for them. The principles, undiluted and consistently applied, have enabled millions to awaken to this new idea - that happiness, joy, and freedom of the soul are possible despite alcoholism.

As a group we need always remain aware that our principle purpose is not to find new things to do, but to assure that our new members are afforded the same opportunities we found when we crawled across the threshold of this wonderful program.

Toying with Al-Anon, fitting in new ideas and concepts, expanding our purpose to include other addictions or causes, or ringing aloud our religious positions all divert us from Al-Anon's purpose.

I don't claim that once in a while I don't get a little tired of the repetition of topics and "standard" shares. Of course I do. Then, along comes a bruised and tattered soul fresh from the trenches

of this disease's battles who has no idea how to go about changing their life. The "old" ideas seem awfully fresh and new then, aye? Then I'm thinkin', why do I need "new ideas" when I haven't learned all there is to gain from the "old" ones? Despite a few thousand meetings over many years there is seldom a time I don't hear something said that is different than I've ever heard it expressed before. I need to be open for the continued growth that these moments offer me. Thinking that the program needs altered so I can remain interested is about as self-centered a concept as I can envision. I'm the one who benefits from changing, not Al-Anon.

I guess what I'm saying is that I can think of no purpose or benefit which would justify the risks of looking elsewhere for improvements. All the new thinking a person could hope for can be found by digging deeper into Al-Anon's principles and literature, not looking outward.

Even this is a new concept for me - sticking with something that will work if I give it time, effort, and patience rather than continuously jumping to the next, then the next possible idea or solution hoping for a magical cure.

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